



HEART DISEASE &
STROKE PREVENTION PROGRAM
UTAH DEPARTMENT OF HEALTH

Lemon Walnut Green Beans

Serves: 8 people

Preparation Time: 20 minutes

Ingredients:

- ♣ 8 cups small green beans
- ♣ Cooking spray
- ♣ 2 cups sliced green onions
- ♣ 1/3 cup chopped walnuts
- ♣ 1-1/2 Tbsp. chopped fresh or 3/4 Tbsp crushed dried rosemary
- ♣ 5 Tbsp. fresh lemon juice
- ♣ 1-1/2 Tbsp. grated lemon rind

Directions:

Arrange green beans in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.

Cups of Fruits and Vegetables Per Person: 1

Nutrition:

Nutrition Facts	
Lemon-Walnut Green Beans	
Serving Size 1/8 recipe	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 3g	
Vitamin A	20%
Vitamin C	50%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 2
Meat: 0
Milk: 0
Fat: 1
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.